

MEDIA REVIEWS

POCKET NOTEBOOK: POCKET EMERGENCY MEDICINE

Third Edition. Edited by Richard D. Zane and Joshua M. Kosowsky.

Philadelphia, PA: Wolters Kluwer Health, 2014;
333 pp; \$55.00 (hardcover, six-ring binder).

Pocket Medicine: Pocket Emergency Medicine, Third Edition, is a quick reference text that covers a wide range of issues encountered in the emergency department (ED) in a small, pocket-sized, six-ring binder format. One of the unique qualities of the text is the way in which it is organized. The information is first grouped by organ system. Within each organ system individual disease processes are then grouped by chief complaint or presenting symptom rather than the actual diagnosis. The text gives information about common presenting complaints; critical steps in evaluation, treatment, and disposition; and many other useful clinical pearls. Adjacent to this high-yield information, the text intermittently references various articles and textbooks. This provides the reader access to additional in-depth information on multiple topics. The material is presented in various formats, including text and tables to further organize the information and help the reader quickly find pertinent information. It would therefore make a useful companion for clinicians in the ED from the initial patient encounter, to the evaluation and treatment, and ultimate disposition of most patients.

The text is separated into 19 sections, with the first 18 sections representing different organ systems such as cardiovascular, pulmonary, neurology, and dermatology. Non-organ-based topics critical to emergency medicine, such as environmental exposures, trauma, toxicology, and airway management, are also included.

The various disease processes are then discussed by chief complaint. For each presenting complaint, the text gives a general approach to the patient, followed by the most common differential diagnoses for the condition. Each diagnosis is then broken down into common findings in the history and physical exam. Essential diagnostic tests and labs are then listed along with potential treatment options. The last section provides detail on the differential diagnoses for each of the presenting conditions. It also provides guidance on the appropriate disposition of the various patients. For many of the diagnoses, there are also several clinical pearls, which add significant information to help with the evaluation and management of these patients.

The 19th and last section of the text is the appendix. It contains high-yield information commonly needed in the ED. This includes common medications with their associated dosages, onsets, and durations of action. The medications appendix focuses on those used most frequently in pediatric advanced life support, critical care, and conscious sedation. Ventilator management and settings are discussed in the appendix as well. There is a quick reference page of commonly used equations. The last section of the appendix also provides details for commonly performed procedures in the ED.

The authors and editors of *Pocket Medicine: Pocket Emergency Medicine, Third Edition*, did an excellent job creating a quick reference text that is specifically created for use in the fast-paced and busy environment of the ED. The size is perfect for placement in the pocket of a lab coat, or even in the pocket of some scrubs, where it is always in reach. As a six-ring binder, users also can add their own pages with supplemental notes fit for their own clinical practices. The organization of the text by presenting condition rather than organ systems is a great advantage. This allows the user to come up with a list of differential diagnoses and then evaluate, diagnose, and treat the patient appropriately with minimal searching. While this text is not comprehensive, it does an exceptional job of organizing common presentations and disease processes, providing essential information clinicians may need to rapidly evaluate and treat a wide variety of patients.

Pocket Emergency Medicine is a logically organized text that would make an excellent electronic reference guide. An electronic format would allow the user to rapidly search for vital information using the index or the table of contents. In addition, with an electronic version, hyperlinks could be used for quick access to referenced journals and texts for further information about a topic. Without an electronic format, this text will continue to be constrained by the limitations of the printed text. Especially in light of the given price point, the lack of an electronic version is a significant detractor to this text. Therefore, an ideal improvement would be to offer this in a wide variety of mobile operating systems. This would make the information more accessible, and subsequently easier to use.

The *Pocket Medicine* series have always been great quick reference guides in the world of medicine, and *Pocket Emergency Medicine* is no exception. It has high-yield information that clinicians will find helpful in an ED setting in a format that is readily accessible. Organizing the information similar to the presenting patient symptoms helps the clinician to locate relevant information very quickly. *Pocket Medicine: Pocket Emergency Medicine, Third Edition*, is an essential reference for anyone who spends time practicing in an ED.

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